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d at my store

for their past pat-
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e continued as in
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y good wearing silk bone
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only 50c.

NG.
MAINE

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you'll get it.

he style of your clothes
importance,

clothes

25
m, the wear is guaranteed -
the VALUES offered. Wo
very purchaser to be satisfied.

CO.
SOUTH PARIS

Sole Shoes

shoes to our stock, and
y that they are very
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style: Women's Kid
e price is \$4.00.

wear. Do not forget
u want here.

E CO.

MAINE.

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INGTON,

MAINE.

Notes, Tags,
Paper at

age

want to succeed and to
our commercial training

desire a means of health-
ful step to responsible
as an employees of
Service appointment.

July 14, 1915

strated catalog.

at, Lewiston

THE HOME CIRCLE.

Pleasant Reveries—A Column
Dedicated to Tired Mothers
as they Join the Home
Circle at Evening Tide.

MEAT IN HOT WEATHER.

A Few Simple Precautions for the
Housewife Who Does Not Want Her
Supplies to Spoil—Condition of Re-
frigerator Important.

A few simple precautions will aid
the housewife in keeping meat untaint-
ed in hot weather. It is, of course,
common knowledge that the higher the
temperature, the quicker meat will
spoil, but the family's supplies are not
absolutely at the mercy of the ther-
mometer. Ice and cleanliness are two
great weapons of defense.

For many families a refrigerator is
obviously out of the question, but it
is perhaps better to have no refrig-
erator at all than a neglected one. Merely
to wash it out occasionally does lit-
tle good; it should be thoroughly scald-
ed at frequent intervals, in particular
the drain. This, if overlooked, is apt
to harbor fungous growths, which may
spread to the food. On one occasion a
man applied to the department because
he had found that a joint of beef placed
in his refrigerator had turned a
peculiar bright red. Upon examination
it was ascertained that the meat was
covered with a peculiar fungous growth
due entirely to the condition of the re-
frigerator. Growths of this kind do
not always advertise themselves so
prominently and there may be much
rot in an ice box that the eye can not
detect.

If the refrigerator drain is not thor-
oughly cleaned, moreover, it is likely
to become choked, the water is not
carried off quickly enough and little
pools are left standing in the interior.
Dampness is one of the conditions most
favorable to bacterial growth. An ice
box in this state will not protect food
long. It is, in fact, a wise precaution
to wipe the interior of a refrigerator
every day with a dry cloth.

The temperature of the average re-
frigerator is higher than most persons
suppose, and in those households where
a regular supply of ice is not obtain-
able a cool cellar, a spring house, or
the depths of a well may serve some-
what the same purpose. On farms
where there is an ice house the meat
may be placed in some form of closed
retainer and buried in the ice. In any
event, the meat must be carefully
screened from flies. The danger from
infection from these pests has been
pointed out many times, but famili-
arity breeds contempt and they still per-
sist. The fly not only does the meat
itself no good, but it may readily de-
posit upon it some infection, which is
carried in turn by the meat into the
human system. Some flies will deposit
their eggs on the meat and these in a
short time will become maggots, and
the meat is "flyblown."

Much sickness that is popularly
attributed to ptomaine poisoning or to
rot food in general is really due to
some such way as this, the fact.

THOUGHT SHE
COULD NOT LIVE

Restored to Health by Lydia
E. Pinkham's Vegetable
Compound.

Unionville, Mo.—"I suffered from a
female trouble and I got so bad that I
could hardly walk and I was
unable to do anything but
hold on to the wall and
cry. I had
several spells and
my face
would swell and I
could not sleep, nor
eat any food, and
I was so weak and
sick that I thought I
would not live."

Some one advised me to take Lydia E.
Pinkham's Vegetable Compound. I had
taken so much medicine and my doctor
said he could do me no good so I told my
husband he might get me a bottle and I
would try it. By the time I had taken
it I felt better. I continued its use, and
now I am well and strong.

"I have always recommended your
medicine ever since I was so wonder-
fully benefited by it and I hope this
letter will be the means of saving some
other poor woman from suffering."

Mrs. MARTHA SEAVEY, Box 1144,
Unionville, Missouri.

The makers of Lydia E. Pinkham's
Vegetable Compound have thousands of
such letters as that above—they tell
the truth, else they could not have been
obtained for love or money. This medi-
cine is no stranger—it has stood the
test for years.

If there are any complications you
do not understand write to Lydia E.
Pinkham Medicine Co. (confidentially)
Lynn, Mass. Your letter will be opened,
read and answered by a woman and
held in strict confidence.

in itself perfectly wholesome, acting
merely as a mechanical carrier for the
"germs" which cause the trouble.
Some of these sorts come from the hu-
man intestine, and their presence is a
sure indication that filth is present,
even if the amount is too small to be
seen. Filth of this kind may be car-
ried by dust, but it more often comes
from soiled hands. One might wish
that every kitchen could have the sign
found in some well-managed food fac-
tories—"When you leave the room for
any purpose, wash your hands before
you return to work."

"Germs" which grow in foods and
cause illness grow very rapidly, par-
ticularly if the food is a little warm,
and are not destroyed unless the food
is well cooked before serving. Simply
"warming up" is not enough, as was
found in a case of illness recently re-
ported after eating some warmed-up
cream vegetable. Certain kinds of
food—cream chicken, or custard, or
warm vegetables, for example—are ex-
cellent culture mediums for bacteria
which may have been introduced into
them by accident. For this reason it
is a safe rule to have as short a time as
possible intervene between the prepara-
tion of food and its consumption. Broth
is another excellent medium and in
consequence should be drained off if
it is intended to keep the meat for
any length of time before serving. If
the broth is used also it should be boil-
ed thoroughly first. All food, cooked
or uncooked, should be kept in a clean,
cool place in order to reduce the dan-
ger of infection to a minimum.

When meat must for any reason be
kept for unusually long periods of
time or when the conditions are unusu-
ally unfavorable scalding may be re-
sorted to advantageously. Dropping the
meat into boiling water for a few min-
utes will not seriously affect its flavor
when it ultimately appears upon the
table, and it will put it in a much bet-
ter condition for keeping. It is im-
portant, however, that it be dipped in
a large body of boiling water. If on-
ly a small amount of water is used, the
introduction of the meat will lower the
temperature to such an extent that the
whole process becomes worthless. With
such meats as veal or pork, which are
always—or ought to be—thoroughly
done, the precaution can be carried
further and the joints partially cooked
before being stored away. Care should
be taken, however, to see that the re-
frigerator is thoroughly done.

Hot weather also calls for additional
precautions on the part of the house-
wife in regard to canned products. Once
these have been opened and exposed
to the air they spoil as quickly, if not
more quickly, than fresh food. The
contents of a can should therefore be
disposed of without delay. In no event
should they be left in the can after it
has been opened, but should be used at
once unless the housekeeper wishes to
"air" the canned material, which
some believe is desirable. If this is
done, the can contents should be trans-
ferred to a clean earthen or glass dish
and put away for an hour or two in a
cool place where dust will not reach it.

GREENWOOD CITY.

Mr. and Mrs. Stanton Martin gave a
party to neighbors and friends in hon-
or of their daughter, Elsie's sixteenth
birthday, Saturday evening, July 18.

There were about 75 guests present.
The evening was pleasantly passed in
games on the lawn and music. A col-
lection of fancy cookies and crackers
and cream and pop corn was served.

Root beer was enjoyed. The hostess
was the recipient of many pretty gifts,
the following in the list: Collar pins
and box, Philip King; tea spoon, Della
Bryant; gold bracelet, Mr. and Mrs.
Rayson Martin; ivory fan, Jane Brown;
stationery, Howard Kelly; stationery,
Roy, Louis and Mary Martin; station-
ery, Wesley Cole; stationery, Frank
and Fannie Whitehouse; stationery,
Laura Cole; stationery, Pearl Swan;

stationery, Ida, June, Thelma and Be-
pert Tracy; box chocolates, F. Willard
Bennett; wine in leather receiver,
John Bishop; fancy card, Alphonse
Cole; fancy card, Lorenzo Cole; fancy
card, Olive Shaw; cloth for apron,
Mrs. Wesley Cole; cloth for apron,
birthdays cards, Friends. A rabbit
game was played in which first prizes
were awarded to Leonard and Martha
Brooks; second prizes to Clyde Dan-
ham and Rowena Reg.

Albert Holba and party spent a few
days at the Carter camp last week.

Merrison Hunt and wife spent the
week end at Carter camp.

The Saturday night dance at Green-
wood Hall was well attended in spite
of the showers and a good time was
reported by all.

The entertainment given by A. Van
der Bethel at Greenwood Hall with
Patricia and Edith Dumas and Point
Thomas and Wednesday evening was
much enjoyed.

July 20, J. B. Frost spent Fourth of
July week with Mr. and Mrs. A. S.
Cummings.

Miss Pauline is beautiful with its
about face of water lilies.

John King and family visited at
Jackie's Mill, Sunday.

IT PAYS TO ADVERTISE.

Among the Crowd
at South Station!

It is said that more people come into and go out of
the South Station, Boston, every day than any other
railroad depot in the country. Among this vast crowd

CIGARETTES are recognized as the most en-
joyable and most satisfactory form of smoking

Professional men, clerks, merchants, men in every walk of life
make up this big Boston throng. They're able to satisfy their
wants in smoking and most everything else. So, there must
be good reasons why so many of these smokers prefer
PERFECTION CIGARETTES!

PERFECTIONS are made of the purest and finest tobacco
that Virginia grows. They are mild, with a natural sweetness
you'll enjoy. For over 20 years they have been the cigarette
that particular smokers have stuck to!

Ten of these generous-sized cigarettes for 5c. They come in
a hand-wrapped tin foil package that keeps them in perfect
condition—free and easy drawing. Ask your dealer for a
package of PERFECTIONS today!

Keep the coupon you find in each package. These
coupons are good for many valuable presents.

Leggett & Myers Tobacco Co.

PERFECTION
CIGARETTES
"All that the name implies"

CANTON

Mrs. Harold B. Gilbert has returned
from Madison, where she has been re-
siding for some time, and is much
improved in health. Mr. and Mrs. Gil-
bert expect to visit in the near future.

Mrs. Annie Moore is residing at the
home of B. E. M. Gilbert.

Mrs. J. P. Swamy and grandson,
Gussey Wadsworth, have been visiting in
Leviston.

Guy Sampson has returned from the
hospital and is getting along nicely.

Mrs. Ella Tucker is visiting rela-
tives at Hartford.

Mrs. Alice C. Richard is a guest of
her sister, Mrs. C. G. Holt, at her cot-
tage at Taylor Falls.

Mr. and Mrs. Frederick Schaffer of
Nauvoo, Utah, have been guests of
her sister, Mrs. F. W. Moore and fam-
ily, and mother, Mrs. L. B. Spaulding.

A special town meeting was held Fri-
day at 10 o'clock. B. E. Patton was
chosen moderator, G. L. Wallin clerk.
It was voted to authorize the select-
men and town treasurer to hire money
for town purposes. No action was
taken on the matter of the back up.

It was voted to prohibit the dumping
of any heating waste material in Whit-
ney brook, and it was voted to purchase
a large land for the dumping of waste
material. Voted to prohibit bicycle
riding on the sidewalks. Voted to in-
struct the selectmen to purchase a can-
ton toll bridge with the money appro-
priated for the purpose at the last leg-
islature. The meeting was attended by
a good number of citizens.

Mrs. Eunice Brennan and child of
Auburn are visiting her grandparents,
A. W. Ellis and wife.

Mrs. Anna P. Bailey of North Jay
accepted the gift at the Canton
Point Chapel, Sunday afternoon.

Mr. Terry and family are a trial to
the rent over the store of Dickson &
Whittemore.

Mrs. M. E. Colman has returned from
her visit in Middleboro accompanied
by her cousin, Mrs. Annie Paul.

B. E. Westgate and family left Sun-
day morning for a visit in Canton.

Mrs. Tracy made the trip by auto.

Edna Yates recently submitted to

an operation for adenoids.

Mrs. B. G. H. and daughter, Paul
and son, No. Turner have been guests
of Mr. and Mrs. G. E. Tule.

Albert Lavoigne is at work at Tara
and working for the State road.

M. B. Whittemore and family visited
Portland, Sunday, making the trip
by auto.

Frank Carter of Winthrop, formerly
a student at all with typhoid fever.

Mr. and Mrs. Marshall Miller and
daughter and Mr. and Mrs. Page of
Levity, Mass., are taking an outing
at Rockwell cottage.

William Wetmore is seriously ill and
attended by Dr. Richard.

Edwin Bryant attended the funeral
of Mrs. E. Allen of Mechanic Falls.

W. E. Piper and wife have been vis-
iting in Peru and Hartford.

Protective leader of Leviston was in
Canton and Peru, Friday, for the
purpose of finding the person or persons
who damaged the fire soldier's monu-
ment, which stands in the village
square, some months ago. One hundred
dollars reward has been offered by the
town for the apprehension of the cul-
prits. Mr. Leader's mission was suc-
cessful.

J. W. Blaisdell and C. H. Abbott
started Wednesday for California to
attend the Exposition. They expect to
return home the middle of August.

Mrs. Ella Nevers and daughter,
Bertha, of Leviston have been guests
of G. H. Johnson and family.

Mr. and Mrs. A. E. Russell have re-
ceived word that their daughters, the
Misses Arlene, Eva, Nina and Ethel
Russell, have arrived safely at San
Francisco and enjoyed the trip im-
mensely.

Lucerne Hutchins of Portland is a
guest of relatives in town.

The next meeting of the Universal
Lat Circle will be held with Mrs.
Frank B. Westwood of Spring street.
Gerald Newman of Auburn has been
spending a few days with his grand-
parents, Mr. and Mrs. W. A. Lucas.

Prof. and Mrs. L. A. Daniels of New
York are guests of her mother, Mrs.
Elmer Hayland, and sister, Mrs. Jen-
nie Tilly and family.

Miss Lida Abbott has been visiting
in Leviston.

The Ladies' Aid met at the parson-
age, Thursday afternoon.

Miss Cornelia Fuller has been vis-
iting at Jay.

Wm. H. Clark of Auburn was in
town, Thursday.

Mrs. Hazel Gilbert of Leviston is
visiting at her home in town.

Wallace E. Hutchinson has returned
to the Hebron sanatorium for treat-
ment.

Mrs. W. B. Gilbert has been a guest
of her sister, Mrs. Jack of W. H. H.

Mr. and Mrs. Will Butterfield of
Auburn were recent guests of Geo.
Lubin and wife.

O. M. Richardson and party enjoyed
a fishing excursion to Wells last week.
Mrs. Felia Parsons of East Auburn
is a guest of Mrs. W. L. Roberts and
other relatives in Canton and Hart-
ford.

Leo W. Blaisdell, superintendent of
the schools of Canton and Turner, and
Chas. H. Abbott, a former superintendent,
left Wednesday for California to
attend the Exposition and the national
educational meeting in Oakland. They
expect to return the middle of August.

Donald B. Partridge of Norway was
in town, Saturday.

GROVER HILL.

Mr. Ingalls McAllister and family
recently visited in Stoneham. His
mother accompanied them home.

Mr. and Mrs. E. B. Whitman motored
down from Boston last week and
are the guests of relatives here.

Mr. A. Donald Weston from Mecha-
nic Falls was a guest at N. A. Stearns'
the week end.

George Mundt was at home from
Sunday River over Sunday.

Arnold and Sylvanus Brown from
Bethel were in the place, Sunday.

Mrs. W. H. Hutchinson is ill with
rheumatism.

Misses Rachel Mayberry and Ida
Haskell, Mr. and Mrs. W. H. Hutch-
inson and sons spent Sunday at North
west Bethel.

Bertha Stearns is the guest of her
uncle, Mrs. B. H. Mayberry.

Big bargain sale at L. M. Stearns',
beginning July 21. See posters. Adv.

WHY NOT BUY IT IN MAINE?

EAST BETHEL.

Miss Marie Bartlett Wright in the
past of relatives here.

Miss Myrtle Swan has returned
from a visit with relatives at Rum-
ford Falls.

Mrs. Helen Bartlett of Lowell,
Mass., in a summer guest of her rela-
tives here.

Mrs. Mary Winslow of Lowell,
Mass., is the guest of her sister, Mrs.
H. L. Bartlett.

Mr. and Mrs. A. H. Bartlett and two
children of South Framingham, Mass.,
are guests of his mother, Mrs. Ella
Bartlett.

Mr. and Mrs. Walter Bartlett and
son, Winston, of Bethel were Sunday
guests of his parents, Mr. and Mrs. H.
E. Bartlett.

A birthday reception was held at
Orange Hall, Friday evening, July 16,
by those having July birthdays, the
offer ones being the honored guests
of the younger ones. The stage was
beautifully decorated and served as a
booth where fruit punch, fancy crack-
ers, cookies and most delicious birth-
day cakes were served throughout the
evening. Mrs. Frederick Bean, Miss
Edna Bartlett and Miss Marie Wright
furnished piano music for games and
dancing, and a most delightful even-
ing was enjoyed by all present. Those
fortunate in having July birthdays here
were—Mr. Elmer Trask, Miss Eva
Bean, Mrs. Jane Holt, Mrs. Deborah
Holt, Mrs. May Kimball, Mrs. May
Hastings, Mr. Will Hastings, Mrs. Ag-
nes Howe, Mrs. Edith Howe, Mr. Free-
born Bean, Mrs. Helen Bean, Mrs.
Rice Bartlett, Mr. Urban Bartlett,
Miss Helen Wright, Mrs. Grace Haines
and Miss Myrtle Swan.

Big bargain sale at L. M. Stearns',
beginning July 21. See posters. Adv.

Waste brings war, and sorrow hates
despair.—Robt. Green.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of J. C. Watson

HERRICK & PARK,
Attorneys-at-Law,
Bethel, Maine.

C. H. EATON,
Auctioneer.
All orders promptly attended to.
Goods sold by the day or on Com-
mission. Telephone connections.
Newry Corner, Bethel, Maine.

LUCIAN W. BLANCHARD,
Counselor-at-Law,
Post Office Block,
Bethel, Maine.
Telephone 73.
Collections a specialty.

NASH, OF MAINE,
ARTIST, TAXIDERMIST,
NORWAY, MAINE.
W. C. GAREY, Agent,
Bethel, Maine.

HERBERT L. WILLIAMS, M. D.
Eye, Ear, Nose, Throat and Fitting of
Glasses Exclusively,
National Shoe and Leather Bank
Building,
Bethel, Maine.

STARK D. WILSON,
CIVIL ENGINEER,
Forest and Municipal Engineering
and Surveying of all descriptions.
Phone 15-12. Gorham, N. H.

E. E. Whitney & Co.
BETHEL, ME.
Marble & Granite * * * Workers.

Chaste Designs.
First-Class Workmanship.
Letters of inquiry promptly answered.
Get our prices.
E. E. WHITNEY & CO.
Satisfaction Guaranteed.



**QUARRIES, FACTORY LOCA-
TIONS, MILL SITES, FARMS,
SITES FOR SUMMER HOTELS
AND CAMPS.**

Located on the line of the
MAINE CENTRAL RAILROAD
and adjacent to the best of the
state's water power.

**UNDEVELOPED WATER POW-
ERS
UNLIMITED RAW MATERIAL
AND
GOOD FARMING LAND**
Awaiting development.

For more information regarding locations
and water power, call on or write to the
MAINE CENTRAL RAILROAD,
INDUSTRIAL BUREAU,
MAINE CENTRAL RAILROAD,
PORTLAND, MAINE.

LOCKE'S MILLS.

The famous Locke's Mills was
built in 1810 on the site of the
old mill. It is one of the best
mills in the state. The water
power is of the best quality.
The mill is now being
rebuilt and will be ready for
operation in a few months.

The new mill will be a
great improvement on the
old one. It will be able to
grind a much larger quantity
of grain than the old mill.
It will also be able to grind
a much finer quality of flour.

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POEMS WORTH READING

AN OLD STUN' WALL

Holman P. Day.

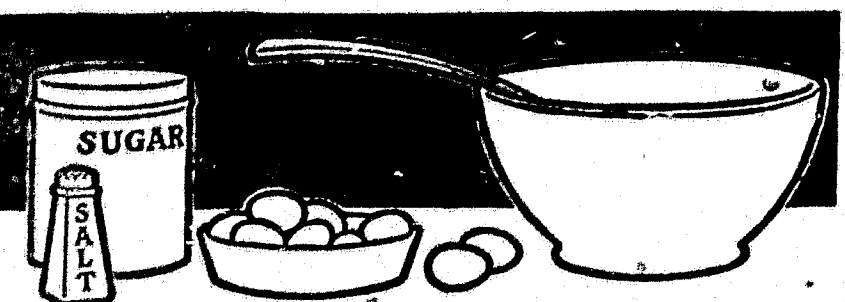
If ye only knew the backaches in an
old stun' wall!
O Lordy me,
I'm seventy-three!
Began amongst these boulders and I've
lived here through it all.
I wasn't quite to bub's age there,
when dat commenced to clear
The wust of ninety acres with a hoss
team and a steer.
And we've used the stuns for fencein'
and we've built around the lot,
Oh, I've tugged and worked there, son-
ny, until, gracious me! I've not
And fairly groaned o' evenings with
the twinges in my back;
Sakes, there warn't no shirkin' them
days; it was tug and lift and rack,
For it needed lots of muscle, lots of
gruntin', lots of hand
If a feller calculated for to clear a
piece of land.
Dab, it isn't any wonder that our backs
has got a hump,
That our backs are stretched and awk-
ward like the handle on a pump,
That our palms are hard and calloused,
that we wobble in our gait—
There's the reason right before you
'round the meblers in the State.
And I wonder sometimes, sonny, that
we've any backs at all
When I sagger on the backaches in an
Old Stun' Wall.

If ye only knew the backaches in an
old stun' wall!
We read of men
Who with a pen
Have pried away the causes that have
cracked us in their fall.
I don't begrudge them honor nor the
splendor of their name,
For an average Yankee farmer hasn't
any use for fame,
But the man who lifted causes and the
man who lifted stones
Never'll hear a note of difference in
the Heavenly Father's tones,
For I know the humble notion, bub, that
when all kinds of men,
The claps that pried with crowbar and
the claps that pried with pen,
Are waiting to be measured for the
things they've done before,
The angel with the path-chain's bound
to give us all fair share.
And the humble man who's tumbled with
the axle of a stubborn horse
Won't find that all his labor has been
wasted and in vain.
And while the woe and might get the
glorious credit due,
The man who took the brunt of toil
will be remembered too.
The man who bent his aching back
will earn his crown, my child,
If the cause he made fertile and the
cause of men be piled.
That don't me whole religion, for I
don't propose to clerk
What the states are to Heaven—that
the good of God be
In a nation's soul to teach that I've
built my name on
I know that God Almighty has it in
his heart to bless
The good they've left behind them,
And the old claps with bumbled-up
backs,
Who have gone of old and smoothed
things with the crowbar and the
axe.
For if all our bones are numbered and
the cause the crowbar's fall
He understands the backache in an
Old Stun' Wall.

THE HERO OF THE COONSKIN CAP.

Wall.

When the three boys forth from the
camp's great hearth,
And the old shadows come and go
When the early beam lights the den
And the silent faces in a row
Are the sturdiest drags at the nighting
caves
And made at the shattering win-
dow pane,
Home droning voice from a shadowy
back
Intones a song to the wind's long
strain.
And like the whispering, falling blast
The gusty clouds flit and swirl,
And then the single, singing voice
Is heard, distinctly the tale it tells
Whereby the boys came, they're known
as boys.
And yet they cling in least and
truest
To the sage of the darkling forest
cliffs.
There's a sage of the timber waste of
Maine
Whose one-eyed hermit, I know
of him,
And the boy of timber, bub and free,
Takes the sage of the tale in the
singing west.
And the boy of the tale of the



Ready!
To make a "batch"
of old-fashioned, whole-
some, home-made bread, a
nice light cake and perhaps a
pie or two—the kind of good liv-
ing that makes the family smile.
All from William Tell and all
always good—because this is
the all-round flour that keeps
the cook in a good humor.
Extra nutritious and goes
farther—a secret of Ohio Red
Winter Wheat and the special
process of milling yours only in
(22)

William Tell Flour

THE NATIONAL CAPITAL

Continued from page 1.

the rate of many millions a day during
the last few days of the fiscal year, and
the total probably will be close to
\$5,000,000. The "war taxes," how-
ever, have fallen below early estimates
and have brought in only about \$24,-
000,000. On the other hand expenses
are running higher than ever, and were
\$30,000,000 greater than during the
previous year, aside from the postal
account. The Post Office Department,
which has just about paid its way in re-
cent years, has accumulated a deficit of
\$15,000,000 or more during the last
twelve months. Financial experts fa-
miliar with governmental affairs esti-
mate that gross revenues will be shown
to have run somewhere near \$100,000,-
000 behind expenses when all returns
are in, including the full amount of
the postal deficit which will not be
known for sometime.

WHERE IS THE MONEY COMING FROM?

It is evident from the present situa-
tion of the Treasury that prompt at-
tention to the subject of providing ad-
ditional revenue will be required when
the national legislature meets next De-
cember—if it is not called in extra-
ordinary session before that time. This
is likely to be one of the hardest nuts
that the Fifty-fourth Congress will be
called upon to crack. Although it is
admitted that the war stamp taxes are
extremely unpopular, it appears cer-
tain that they will have to be contin-
ued for another year, but that will
hardly have matters where they stand
at present. The taxes on liquor and
tobacco have been heeded so high that
no further increase would mean a dis-
astrous revenue return. Naturally the
Democrats object to a general re-
vision of tariff duties to provide higher
rates, since that might appear to con-
firm the Un-American tariff law failure.
To apply the income tax law to small
or medium size companies is a very
difficult thing to do, and it is very
likely that the income tax will be
continued for another year, but that will
hardly have matters where they stand
at present. The taxes on liquor and
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or medium size companies is a very
difficult thing to do, and it is very
likely that the income tax will be
continued for another year, but that will
hardly have matters where they stand
at present.

But we always knew that his greatest
strength
Was spent in the supreme dash of
life
When he, poor wanderer, thought alone
Of the cross for others from home
and wife.
For, as far on the edge of the broken
ice
As his arm could reach, when he
sank and died,
We found the worn old coonskin cap
With the letters carefully tucked in
side.

DEATHS FROM CANCER.
There were 4,500 deaths from cancer
in New York City last year. Medical
science seems quite as baffled as ever
by this mysterious disease, and differ-
ent factors are equally positive as to
its origin, or cause, or cure.

POTATOES IMPORTANT IN ALASKA.

The potato is the most im-
portant and valuable grower crop in
Alaska. With proper attention of va-
riety, soil, and cultivation, excellent pro-
duces can be grown nearly everywhere
in the Territory. Experiments the past
few seasons have been shown to
greatly increase the chances of suc-

CASTORIA
For Infants and Children.
The Kind You Have
Always Bought
Bears the
Signature
of
Dr. J. C. Fitch
In
Use
For Over
Thirty Years
CASTORIA
ALCOHOL 3 PER CENT.
Vegetable Preparation for
Stimulating the Lungs and Regulat-
ing the Stomach and Bowels of
INFANTS AND CHILDREN.
Promotes Digestion, Cheerful-
ness and Rest. Contains neither
Opium, Morphine nor Mineral.
NOT NARCOTIC.
Beware of cheap imitations.
Drops Sold
At Every
Drug Store,
Grocery Store,
Liquor Store,
Sawyer's,
Coca-Cola Bottles,
Etc., Etc., Etc.
Perfect Remedy for Constipa-
tion, Sour Stomach, Diarrhea,
Worms, Convulsions, Feverish-
ness and LOSS OF SLEEP.
Fac-Simile Signature of
Dr. J. C. Fitch
THE CENTAUR COMPANY,
NEW YORK.
At 6 months old
35 Doses—35 CENTS
Exact Copy of Wrapper.

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DEALER IN
General Merchandise
and Grain
BETHEL, MAINE

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INSURANCE
OF EVERY DESCRIPTION IN FIRST CLASS COMPANIES

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Insurance that Insures.

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Plate Glass, Steam Boiler, Liability

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Stuart W. Goodwin, Agent,

NORWAY Tel. 124-4 MAINE

and a good crop in the short season was
made available. A first grade cellar for
storage has also been found to be a
success. The yield on newly cleared
land is usually small, but the quality
of the potatoes is of the best. The
potatoes produced there to four times
that much under ordinary culture.
The potatoes are of the best quality
and are of the best quality. The
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Frame—22 inch; 1 inch

7 inch head; 10

16 inch head fit

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stays.

Fork—Full enameled

Crown—One-piece forg

Cranks—Fauler Round

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BOYS BOYS

Here is Your Chance to Get a High Grade
BICYCLE FREE!

We have made arrangements with Edward King, the Bethel agent for the Panama Bicycle, to supply us with 25 of these standard wheels which we are going to exchange with the boys for work.

Frame—23 inch; 1 inch 10 gauge tube; 7 inch head; flush connections; 3-16 inch head fittings; 7-8 inch tapered rear forks; 3-4 inch rear stays.
Fork—Full enameled fork blades.
Crown—One-piece forged.
Cranks—Faber Round Special, one-piece patented.
Gear—26 tooth front, rear 9 x 3-16.
Hubs—New Departure Coaster brake. Front hub to match.
Rims—Enameled aluminum.
Chain—3-16 inch roller, 1 inch pitch.
Finish—Indian Red with two fine black stripes.
Tires—Sterling Roadster, 24 x 1 1-2 inch, guaranteed. Arrow tread.
Saddles—Person's Bon Ton.
Pedals—No. 105.
Bar—No. 3, adjustable, forward extension with wound leather grips.
Cuffs—Steel, front and rear.
Stand—Steel, enameled to match.

500 POINTS WINS A BICYCLE and all that is required is a little work in some of your spare time.

HOW POINTS WILL COUNT

For one New yearly subscription to the Citizen,	10 points
For one Renewal of subscription to the Citizen,	5 points
For each dollar of advertising, cash with order,	4 points
For each dollar's worth of printing secured,	4 points

Boys failing to get the 500 points but getting 100 points or more will be given prizes which will be announced later.

We will furnish subscription lists and receipts, price lists and rate cards, and help you get started.

Be the First One in Your Town to Win a Bicycle.

See the Bicycle on Exhibition at Edward King's Store.

THE OXFORD COUNTY CITIZEN, Bethel, Maine

SANITARY DAIRY FARMS.

Sheltered Location of Barn and Good Supply of Fresh Water Important Factors—Care of Cows.

On a farm where live stock is kept greater attention must be paid to cleanliness than on one on which there is no live stock. This is particularly true of a dairy farm, for the success of which thorough sanitation is a necessity.

To obtain the most sanitary conditions the dairy barn should be built on high ground, with good natural drainage and sheltered from the cold winds of winter. Horse stables, poultry houses, pig sheds, privies, and manure pits should be far enough away not to contaminate the cow stable air. There is always a tendency for the barnyard and paddocks surrounding the stable to get muddy and foul, but when the barn is situated on a high, well-drained spot this tendency is reduced to a minimum, as the lots soon become dry after a rain and in the spring when the frost leaves the ground. If the yard is inclined to be muddy, it may be improved by drainage and by the use of cinders or gravel. It should be free from mudholes, and manure should not be allowed to accumulate in it. In severe winter weather, or in the spring when the ground is soft and muddy, it can not be hauled to the fields. It should be stored in a manure pit some distance from the stable and not to the basement of the barn or any place in the dairy stable.

An ideal site for a barnyard is on a north slope that drains away from the barn. A clean yard is a great help in keeping the cows from becoming dirty by mud and manure. Drinking water for cows should be clean and uncontaminated from any source. The well should be so located and protected that there is no danger of pollution of the water by the drainage from the barnyard, manure piles, or other sources. The water tank or trough should be so constructed that it should be little trouble from dust and dirt. Whitewash should be freely applied at least twice a year, both to the walls and ceiling, as it helps to purify the stable and to keep it light. An abundance of light is necessary. A large feet of glass per cow is generally sufficient if the windows are well distributed and not obstructed in any way.

Careful methods in handling milk. Proper construction, however, lightens the labor necessary to keep the barn and its equipment in a clean, sanitary condition. In the old-time basement dairy barn little attention was paid to proper ventilation and distribution of the light. This type of barn is not recommended and if used for housing dairy cows the lighting and ventilation should receive special attention.

A one-story dairy stable is a very good type. It should preferably be located with its length extending north and south and have an abundance of window space. If the stable is located this way it receives the purifying benefit of both the morning and afternoon sun. The construction should be such as to minimize the labor necessary to keep floor, walls, ceiling, and stable fittings in a clean and sanitary condition. The floor, gutter, and manure pits should be hard, impervious to moisture, and free from cracks in which filth may collect. The gutter back of the cows should be large enough to hold the droppings; a width of 16 to 18 inches and a depth of 7 inches are usually sufficient. The gutter should incline so as to drain readily unless the liquid is taken up by absorbents.

All drains and waste pipes should be watertight and airtight. Every waste pipe should have a trap to prevent foul air from coming back through the waste pipe. Those types of stables and manure pits are best which present the least possible surface for collecting dirt and dust and the least obstruction to the circulation of air. Stalls of wood have many flat surfaces and cracks which are difficult to keep clean and in case of an outbreak of disease are not easy to disinfect thoroughly. Stalls and saving stanchions made of metal pipe are more sanitary. A low, smooth manure pit without sharp angles is preferable for it is easy to keep clean. Cobwebs, dust, or dirt should not be allowed to accumulate on the walls and ceiling. With a tight, smooth ceiling there should be little trouble from dust and dirt. Whitewash should be freely applied at least twice a year, both to the walls and ceiling, as it helps to purify the stable and to keep it light. An abundance of light is necessary. A large feet of glass per cow is generally sufficient if the windows are well distributed and not obstructed in any way.

Every cow stable should have a system of ventilation to keep the air fresh and pure and the cows comfortable without exposing them to injurious drafts. If the small in the barn is disagreeable at any time, it indicates that the ventilation is deficient. At least 500 cubic feet of air space should be provided for each cow. The feed room, silo chute, and hay chute should be conveniently located, but at the same time they should be in a separate room to keep the odor and dust out of the stable as much as possible.

The Cows and Their Care.
To have healthy cows is one of the first essentials of the production of clean milk. If the cows are diseased, their milk is apt to contain disease-producing bacteria or to be otherwise abnormal. Such milk is not clean and is not safe as an article of food, even though there is no visible dirt in it. The cows should be tested for tuberculosis by a capable veterinarian at least once a year, and if diseased animals are found the herd should be tested twice a year. All cows which react, showing that they are infected with the disease, should be removed from the herd and the stable and premises thoroughly disinfected. Directions for disinfecting stables are given in Farmers' Bulletin No. 480.

No additions should be made to the herd without subjecting all animals purchased to the tuberculin test before they are brought to the farm. They should then be kept separate from the other animals for at least 60 days and tested. No animals other than cows should be allowed in the stable. Special attention should be given to the condition of the udder, and any milk which appears slimy,ropy, watery, or otherwise abnormal should not be used as food. As a rule, milk should not be used within 15 days before calving or during the first 5 days after calving. It is well not to use milk from cows which have been given powerful drugs, for these may pass through the tissues of the mammary glands into the milk.

The external condition of the cow is most important factor in the production of clean milk, and dirt on the exterior of the animal's body is one of the greatest sources of milk contamination. It is therefore essential that extra care be given to keeping the cow free from accumulations of mud and manure. Cows on pasture usually keep themselves clean in the barn, but

though they appear clean they may be very dirty, and it is well to brush them before each milking. When kept in stables they require a thorough cleaning at least once every day. It is a good plan to clip the long hairs from the udder, flanks, and tail in order that dirt may not cling to them. It is desirable that the bedding be clean, dry, and used in sufficient quantities to promote the comfort of the animal, especially where the floor is of concrete.

The cow should not be groomed, bedded, or fed immediately before milking, as these operations fill the stable air with dust and bacteria. Frequent attention to the distribution of bedding is just as important as to supply a large amount of it. Often a tour through the stables the last thing at night and a few minutes' attention to the distribution of the bedding at that time will save half an hour's work of cleaning the cow in the morning. If after each milking the manure is removed a considerable distance from the stable, had odors will be kept from tainting the milk, and the danger of contamination from filth-laden flies will be diminished. The manure should be removed at least twice daily and never handled in the stable immediately before milking. The fly nuisance is caused by accumulations of manure in which the flies breed, and when conditions permit, the manure should be removed daily to the fields. Flies carry bacteria and filth, and earnest efforts should be made to keep the stable free from them. If the stable and its surroundings are clean, free from accumulations of manure and other matter which attracts flies, the stable can be kept fairly free of them by the use of fly poison and traps. In addition to removing the accumulated manure from the gutter every day, the soiled bedding under the cow should be raked back into the gutter and replaced with clean bedding.

The feed for cows should be palatable and nutritious. Moldy and decayed feed and such feeds as may injuriously affect the cow's health or the character of the milk should be carefully avoided. The odor and flavor of milk are very rapidly affected by rape, cabbage, turnips, and other feeds having strong odors, and if these are used they should be given after milking, in which case there is little danger of imparting an unpleasant flavor or odor to the milk. Where pastures are overrun with garlic or wild onion, the cows should be removed from the pasture several hours before milking and given a foddering of hay in the barnyard.

Owing to the dust and odors which arise from the feeding of hay, grain, and silage in the stable, it is best, from a sanitary standpoint, to feed after milking rather than before. A liberal supply of salt should be provided in a place where the cows can have ready access to it. It is of prime importance that the cows have an abundance of fresh, pure water. Cows which produce 25 pounds of milk a day require 75 pounds or more of water daily, and instances are on record in which heavy milkers have consumed more than 300 pounds of water a day. This large quantity of water is necessary not only for the formation of milk but also for the digestion and assimilation of the large quantities of food consumed, much of which is roughage. It is not wise to permit cows to drink large amounts of ice-cold water, or to encourage them to drink a sufficient amount of water in extremely cold weather it is necessary to warm the water slightly.

Milking.
Unless considerable care is taken large numbers of bacteria may find their way into the milk during the process of milking. Cows should be milked in clean, well-lighted stables. After grooming and before milking, the udder, flanks, and bellies of the cow should be carefully wiped with a damp cloth to remove any dust or loose hairs which might fall into the milk pail. Only those persons who are free from communicable diseases should be allowed to handle milk or even enter the stable or dairy house.

After the cows are prepared for milking each milker should thoroughly wash his hands and put on a pair of clean overalls and a jumper or wear a suit which is used for no other purpose. The suit must be kept clean and occasionally sterilized with steam or by boiling in water. The milking stool must also be clean, to avoid soiling the milker's hands. The small top milk pail is a necessity in the production of clean milk, as it presents only a small opening into which dust and dirt may fall from the air or from the cow's body. It has been found by experience that the use of this kind of pail greatly reduces the number of bacteria in milk from average dairies. Many types of milk pails are for sale, but any tinner can construct an ordinary pail into a small-top pail by the addition of a band. Milkers should be allowed to milk only with dry hands. The practice of cutting the hands with milk is a filthy habit and is liable to cause the cows' teats to chap in the winter time. Milk should be done quickly and the

Dr. KENNEDY'S FAVORITE REMEDY

its real cause of Kidney and Blood troubles, by restoring right action of Stomach, Liver and Bowels, overcoming indigestion and constipation dangers (Auto-intoxication); thus Kidneys and Bladder are aided, the blood purified. Unbroken record of wonderful success.

Write Kennedy Co., Rondout, N. Y., for free trial. Large bottles, all druggists.

roughly, with no violent jerking of the teats. After each cow is milked the milk should be removed immediately to the milk house.

The milker should remember always that he is handling a human food which is very easily contaminated. Soap, clean water, and towels must be readily accessible. The hands should be washed after milking each cow.

GROWING BUCKWHEAT.

Seed May Yet be Sown in Some Localities—Easy Crop to Grow—Soil and Crop Requirements.

Buckwheat may be sown at this date in the northern tier of States eastward from central Minnesota and Nebraska, and a crop secured this season, unless frost occurs unusually early. If the first killing frost next fall does not come before the average date, which is after October 1, in the region east or southeast of a line approximately connecting Duluth, Minn., and Sioux City, Iowa, sowing made as late as July 8 in the northern part, and the middle of July further south, will have time to mature. This is the average date, however, and one must expect earlier frosts in some seasons along the northern border. Under the most favorable condition a buckwheat crop will mature in 10 weeks, but the average time is about 12 weeks. The sowing of buckwheat in Wisconsin and States in the same latitude after the 1st of July is attended with some risk, and after the first week in July is attended with considerable risk.

Buckwheat should be sown on land prepared as for corn. It is an excellent crop to sow where corn has been planted, but where a stand has not been secured. Best results are obtained where the land is plowed early and is well prepared, but fairly good results can be obtained by sowing immediately after plowing and harrowing.

Buckwheat should generally be seeded at the rate of 3 or 4 pecks per acre. If the soil is fertile, and a drill is used, and the seed is of good vitality, as little as 2 pecks may be sufficient. It is best to use a grain drill, but this is not at all essential, as the seed can be broadcasted and harrowed in with satisfactory results. It should be sown from one-fifth of an inch to 2 inches deep, depending on the conditions of the soil.

There is probably no other crop that

will produce better on infertile, poorly tilled lands than will buckwheat. It is well suited to light well-drained soils, such as sandy loams, and to the silt loam soils. It needs but little lime, growing well in acid soils without lime, where alfalfa and red clover would not succeed. When the soil is poor, it is profitable to use fertilizer, but where good wheat or corn crops can be produced without fertilizer, it is unnecessary for the buckwheat crop. On the poorest hill land, a small application of nitrogen and phosphorus is advisable, but generally nitrogen is not needed. The plant responds very readily to applications of phosphates, however. Low-grade fertilizers containing phosphorus and a small amount of potassium can be used to advantage on the crop where the land is poor.

Three varieties of buckwheat are commonly grown in the United States, Japanese, Silver Hull, and Common Grey, the first two being most generally used. Japanese has a large dark-colored seed, while the Silver Hull has a smaller seed, glossy or silvery in appearance. These two varieties are of about equal value, when yields are considered.

A Cool-Weather Crop.
Buckwheat is very sensitive to cold, and is killed by the first heavy frost. It fills best in cool weather, however, and so the sowings are deferred to allow only time for the crop to mature before frost occurs. By seeding in early July it is most likely to escape injury from the weather, which with drying winds and hot nights causes the flowers to blast and fail to produce seed.

The farmer does not need expensive machinery for harvesting the buckwheat crop. An old-fashioned cradle, although it requires hard labor, does the harvesting well. The drop reaper, however, is one of the most satisfactory machines for harvesting. Cutting is begun as soon as the first lot of blossoms have disappeared, or often just before the first frost is expected. Buckwheat will mature its seed in a few days, if, after cutting, the crop is left in loose bundles where they are dropped from the cradle or reaper. It should then be set up in small shocks and tied near the top with some strands of the straw bent upward from the sides of the shock. The cut buckwheat is usually left in the field in the shocks until thrashing time, when it is drawn in and thrashed either with the flail or by machinery.

The farmer need generally have no fear of this crop being damaged by either insect enemies or fungus diseases, as the buckwheat plant is but little affected by either of these. It is an excellent crop for destroying weeds and for renovating and putting the soil in fine mellow condition.

AN EASY, PLEASANT LAXATIVE.

One or two Dr. King's New Life Pills with a tumbler of water at night. No bad, nauseating taste; no belching gas. Go right to bed. Wake up in the morning, enjoy a free, easy bowel movement, and feel fine all day. Dr. King's New Life Pills are sold by all druggists, 25 in an original package, for 25c. Get a bottle to-day—enjoy this easy, pleasant laxative. Adv.

Statement of the Condition

OF THE

BETHEL SAVINGS BANK, Bethel

JUNE 29, 1915

J. M. Philbrook, President A. E. Herrick, Treasurer
TRUSTEES—J. M. Philbrook, E. S. Kilborn, J. U. Purington, N. F. Brown, Seth Walker, H. N. Upton, M. L. Thurston
Organized February 28, 1872

LIABILITIES

Deposits,	\$499,826.58
Reserve fund,	38,922.62
Undivided profits,	21,417.28
	\$570,066.48

RESOURCES

Public funds of Maine,	\$ 63,519.00
Public funds out of Maine,	121,722.50
Railroad funds of Maine,	5,000.00
Railroad bonds out of Maine,	73,575.00
Corporation bonds,	45,500.00
Railroad stock,	4,900.00
Bank stock,	27,781.00
Loans with collateral,	9,700.00
Loans to corporations,	800.00
Loans to municipalities,	800.00
Loans on mortgages of real estate,	198,475.84
Real estate investment,	5,000.00
Real estate foreclosure,	2,103.91
Cash on deposit,	8,958.21
Cash on hand,	2,225.19
	\$570,066.48

L. E. VERNON, Bank Commissioner.

